

Owen Johnston - www.oddobjecttraining.com

Sandbag training for real world, functional strength

Sandbag training is incredible for building functional, real world strength. It is also relatively inexpensive. The pictured sandbags (see below short links) cost \$4 each at a local hardware store. An army duffel bag can usually be found at army surpluses for \$15-20 on average. I love training with these because you can do almost any type of lift with them, and the fact that the sand shifts around forces you to stabilize the bags, giving you a harder workout. Sandbag training is very useful for firefighters and combat athletes, such as cage fighters and wrestlers.

<http://goo.gl/LZfxgc>
<http://goo.gl/aQJMKQ>

Try tossing two sandbags into a duffel and try a few lifts - fireman's carry, clean and press, curls, squats, swings. Or, put one sandbag each in a pair of sturdy backpacks and hold them anyway you like while walking. I recommend holding one in each hand and building up to walking a quarter mile with them. It works the legs, back, and especially the arms. Eventually try bear hugging a duffel bag with two sandbags in it while walking. Build up to 3, 4, or even 5 sandbags in your duffel.

For more ideas, read "Dinosaur Training" by Brooks Kubik, as well as articles on awkward object lifting (which I will link below). Probably my favorite online article on the subject is the one that I link below, as it details the benefits of such training, as well as how to put together your own sandbags, and training routines.

<http://www.dieselcrew.com/how-to-odd-object-training>

<http://zacheven-esh.com/real-world-strength/>

Dinosaur Training is essentially a philosophy of "weight training / physical culture promoting a return to traditional strongman types of exercises and training..."

Visit the Wikipedia entry for full information -

http://en.wikipedia.org/wiki/Dinosaur_Training

Or, feel free to visit the author's website at - <http://www.brookskubik.com>

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If you are experienced in progressive calisthenics or gymnastics, try wearing a sandbag while performing chin ups, dips, and other exercises. This is one of many methods that can help you progress towards much harder movements such as one arm chinups. There are plenty of other great ideas on using odd objects in conjunction with progressive calisthenics over at this article: <http://pccblog.dragondoor.com/odd-object-training-with-bodyweight/>

The blog that the article is hosted on is the official blog of the Progressive Calisthenics Certification community. The certification workshops are organized by Dragon Door, an industry leader in fitness certifications. The certification was developed by Paul "Coach" Wade (author of Convict Conditioning), the Kavadlo brothers (both well known personal trainers, amazing body weight athletes, and authors), and more. If you want to know more about the workshops, or even sign up to attend one, visit below - http://www.dragondoor.com/workshops/?F_c=35

If you would like to get a headstart on progressive calisthenics, read my article on the subject, which also includes recommended books, some YouTube playlists, and more. <http://www.strengthcalisthenics.com/2015/01/pdf-book.html>